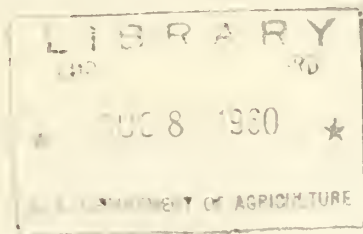


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Calculating the **NUTRITIVE VALUE OF DIETS**

**a manual of instructions
for the use of punch cards
for machine tabulation**

**Agricultural Research Service
UNITED STATES DEPARTMENT OF AGRICULTURE**

Prepared in
Household Economics Research Division
Agricultural Research Service

**CALCULATING THE NUTRITIVE VALUE OF DIETS - A manual of instructions
for the use of punch cards for machine tabulation**

The Household Economics Research Division has found it efficient and economical to process by mechanical methods the data on quantities of food consumed, either by individuals or by families (or households), as reported in surveys of food consumption by various population groups. For calculating the nutritive value of the food, a procedure has been developed which utilizes two sets of punched cards--one with the quantities of food consumed, the other with nutritive values per specified unit of food. The two sets are matched by identifying food codes. The products (quantity times nutritive value) are then summed to obtain the nutritive value of the diet.

This manual describes the set of punched cards carrying the nutritive values per specified food unit, and describes briefly the procedure to be followed in using the cards to compute the nutritive value of diets. This set of cards, referred to as master cards, have been punched from values listed in U. S. Department of Agriculture Home and Garden Bulletin 72, "Nutritive Values of Foods," 1960. ^{1/} Because the values are for common household measures (cups, tablespoons, etc.) they are particularly suited for the calculation of diets of individuals. (Data on food consumption of households are usually in terms of purchase units, such as pounds, quarts, bunches, dozens.) The values punched include food energy, protein, fat, total saturated fatty acids, oleic acid, linoleic acid, total carbohydrate, calcium, iron, vitamin A value, thiamine, riboflavin, niacin, and ascorbic acid. The weight of the measure in grams and the percent of water are also punched.

The master cards have a six-digit number for identification of the individual food items. The first three digits of this number are those given the item in table 1 of Home and Garden Bulletin 72. The last three digits code the items so that the contribution of specified groups of foods can be computed.

A description of the card design, a further explanation of the six-digit identification number, and brief instructions for the use of these cards in mechanical processing of the nutritive value of diets are set forth in Part 1 of this manual. Part 2 (pp. 10-38) reproduces the descriptive stub of table 1 of Home and Garden Bulletin 72 and also gives the food group code number for each item line. Part 2 can be detached and used by those who are coding the data.

^{1/} The cards described in this manual supersede those punched from table 3 of USDA Handbook 8 issued Jan. 1950, and this manual supersedes FE 939 issued Jan. 1951. Sets of cards punched as described here are available for research purposes. Write to the Household Economics Research Division, Agricultural Research Service, U. S. Department of Agriculture, Washington 25, D. C.

Part 1. Card design, food codes, processing the data

1. Card design

The set of master cards includes one card for each food item and its unit of measure as listed in Part 2. For example, there is one card for 1 cup of cream (half and half) and one card for 1 tablespoon of it.

The cards are punched in the following manner:

<u>Description</u>	<u>Card columns</u>
Six-digit identification number of food item	1 - 6
Item line code number (H. & G. Bul. 72) cols. 1 - 3	
Food group code number	4 - 6
Weight in grams (1 decimal)	7 - 10
Water content as percent	11 - 12
Food energy in calories	13 - 16
Protein in grams	17 - 19
Fat (total lipid) in grams	20 - 22
Fatty acids:	
Total saturated in grams	23 - 25
Unsaturated, oleic in grams	26 - 28
Unsaturated, linoleic in grams	29 - 30
Total carbohydrate in grams	31 - 33
Calcium in milligrams	34 - 37
Iron in milligrams (1 decimal)	38 - 40
Vitamin A value in International units (in tens)	41 - 44
Thiamine in milligrams (2 decimals)	45 - 47
Riboflavin in milligrams (2 decimals)	48 - 50
Niacin in milligrams (1 decimal)	51 - 53
Ascorbic acid in milligrams	54 - 56

Quantities for all the nutrients for which data are presented in Home and Garden Bulletin 72 are included even though users may seldom analyze diets in terms of all of these nutrients.

For vitamin A value the zero at the right-hand side (units position) has been omitted, since all values in Home and Garden Bulletin 72 have been rounded to the nearest 10. For weight in grams where the decimal fraction is omitted in the bulletin (and yet shown for one or more foods), a zero has been punched to the right of the decimal. Zeros have been punched for entries of plain zero, for the word "Trace," and for dashes. 2/

Data in footnotes have not been taken into account in the quantities punched. Should users of the cards wish to utilize values appearing in the footnotes in preference to data punched from the body of the table, revised cards must be punched.

2/ In Home and Garden Bulletin 72, dashes indicate that no data are available.

2. The six-digit identification code

(a) Item line code number, in card columns 1 - 3, identifies the food item and its respective unit of measure as presented in table 1 of Home and Garden Bulletin 72. These codes with their identification are reproduced in Part 2 of this manual. Other measures of listed food items can be added by simply assigning the next three-digit code number following the last one assigned at the end of the list, and punching a new master card with the proper nutritive values. For example, 1 quart of milk could be added as item number 513. A new food item (for example, venison) with its unit of measure may be added in the same manner. To avoid duplication always keep a record of the numbers assigned.

(b) Food group code number, in card columns 4 - 6, which is presented below in tabular form, is designed to group foods by major sources of the nutrients for further study of the composition of diets.

These groups are in line with those currently being used in the Institute's Food Plans. They permit the classification of foods as suggested in "Essentials of an Adequate Diet," Home Economics Research Report 3 issued Nov. 1957, and "A Daily Food Guide," USDA Leaflet 424 issued Mar. 1958.

The first two digits of this group code number (card columns 4 and 5) are similar to those used for nutritionally meaningful groupings of foods as classified in Reports 6 to 10 of the 1955 Household Food Consumption Survey. A few modifications have been introduced; namely, the combining of bacon and salt pork with other pork, of sweetpotatoes with other dark green and deep yellow vegetables, and of other green (not dark green) vegetables with other vegetables. There are missing numbers in the coding system because of these combinations; the code "8" as the second digit is used in each food group to identify "mixtures."

A third digit (card column 6) has been added to permit a breakdown of the groups into more refined groups with nutritional significance. For example, the meat, poultry, and fish group can thus be further separated into kinds of meat with specific vitamin or mineral contributions. Separate subtotals of nutrients from these subgroups enable the analyst to show principal food sources of nutrients. Additional subgroups may be formed if greater detail is desired than is shown here. For example, "game" can be separated from subgroup 215 (Other variety meats, game, lunch meats) by assigning an unused third digit, in this case "8," making another subgroup coded 218.

It is not necessary to use this second half of the food code if a simple evaluation of the total nutrients in a series of diets is all that is required. If the food group code is used, however, the addition of a new measure to an item already listed requires only the repetition of the food group code in columns 4 - 6 with a new item line code number assigned. The addition of a new food item requires that the proper food group code number be assigned as well as a new item line code number.

Food Group Codes

1st digit	2d digit	3d digit	Remarks
<u>1</u> Milk and milk products	<u>11</u> Milk, milk drinks	<u>111</u> Fresh fluid	
		<u>112</u> Processed	Such as evaporated, condensed, dry. Also includes yoghurt.
		<u>113</u> Milk drinks	Includes cocoa with milk, malted milk drink.
	<u>12</u> Cream, ice cream, milk desserts	<u>121</u> Cream	
		<u>122</u> Frozen desserts	Such as ice cream, milk sherbet, ice milk; also ice cream cake.
		<u>123</u> Nonfrozen milk desserts and sauces	Such as custard, chocolate pudding, white sauce.
	<u>13</u> Cheese	<u>130</u>	Includes cheesecake.
	<u>21</u> Meat, poultry, fish (incl. bacon and salt pork)	<u>211</u> Beef	Includes corned beef.
		<u>212</u> Pork	
		<u>213</u> Veal, lamb, mutton, goat	
		<u>214</u> Liver	
		<u>215</u> Other variety meats, game, lunch meats	Includes variety meats such as heart, tongue; lunch meats such as frankfurters, bologna, canned spiced meat.
		<u>216</u> Poultry	
		<u>217</u> Fish, shellfish	
		<u>230</u>	
		<u>240</u>	
		<u>251</u> Peanuts, peanut butter	
<u>2</u> Meat, poultry, fish, eggs, dry legumes, nuts	<u>23</u> Eggs		
	<u>24</u> Dry beans, peas, lentils		Includes cooked beans with or without pork.
	<u>25</u> Nuts	<u>252</u> Other nuts	

Food Group Codes--Continued

1st digit	2d digit	3d digit	Remarks
<u>2</u> Meat, poultry, fish, eggs, dry legumes, nuts (con.)	<u>28</u> Mixtures and soups mostly meat or legume	<u>281</u> Mostly meat	Includes mixtures such as meat pie, corned beef hash, stews; soups such as oyster stew, meat or poultry broth or consomme. Also includes plain gelatin.
		<u>282</u> Mostly legume	
<u>3</u> Vegetables, fresh, frozen, canned, dried, juice	<u>31</u> Potatoes	<u>310</u>	Includes chips, salad.
	<u>33</u> Dark green, deep yellow	<u>331</u> Dark green	Includes collards, dandelion greens, curly endive, kale, mustard greens, parsley, spinach, turnip greens, broccoli, peppers.
		<u>332</u> Deep yellow	Includes sweetpotatoes, carrots, pumpkin, winter squash.
	<u>35</u> Tomatoes	<u>350</u>	Includes soup, juice, sauce, paste, catsup, chili sauce, tomato relish.
	<u>36</u> Other vege- tables	<u>360</u>	Also includes pickles, olives, relishes not tomato.
	<u>38</u> Mixtures and soups mostly vege- table	<u>380</u>	Includes mixtures such as chop suey dinner; soups such as clam chowder, pepper pot, creamed vegetable.
<u>4</u> Fruits, fresh, frozen, canned, dried, juice	<u>41</u> Citrus	<u>410</u>	Includes lemonade, limeade.
	<u>42</u> Dried	<u>420</u>	
	<u>43</u> Other fruit	<u>431</u> Fruit, fresh, frozen, canned, juice	
		<u>432</u> Fruit desserts	Such as apple betty, gelatin with fruit.

Food Group Codes--Continued

1st digit	2d digit	3d digit	Remarks
5 Grain products	51 Whole grain, enriched, or restored	511 Flour, cereals, pastes	
		512 Bread, rolls, biscuits	Includes breadcrumbs.
		513 Other baked goods	Such as cake, cookies, crackers, doughnuts, muffins, pancakes, piecrust, pretzels.
	52 Other than whole grain, enriched, or restored	521 Flour, cereals, pastes	
		522 Bread, rolls, biscuits	
		523 Other baked goods	Same items as 513.
6 Fats and oils	58 Mixtures and soups mostly grain	580	Includes mixtures such as dessert pies, macaroni and cheese, pizza, sandwiches; soups such as noodle, rice.
	61 Table fats	611 Butter	
		612 Margarine	
		621 Lard	
		622 Vegetable shortening	
		623 Salad and cooking oil	
		624 Salad dressings	Also includes whipped topping; excludes diet-type dressing.
	62 Other fats and oils		

Food Group Codes--Continued

1st digit	2d digit	3d digit	Remarks
<u>7</u> Sugars and sweets	<u>71</u> Sugars, sirups, molasses, honey, jellies, candies	<u>711</u> Sugars	
		<u>712</u> Sirups, honey, molasses	
		<u>713</u> Jellies, jams	Excludes sugarless.
		<u>714</u> Candies	Excludes sugarless.
	<u>72</u> Soft drinks, beverage powders, dessert powders, chocolate sirup	<u>721</u> Soft drinks	Excludes sugarless.
		<u>722</u> Beverage and dessert powders, chocolate sirup	Excludes sugarless. Includes ices, popsicles, prepared gelatin.
<u>8</u> Miscellaneous	<u>82</u> Items not part of other groups	<u>820</u>	Such as beer; yeast; plain cocoa and chocolate; sugarless jellies, dessert powders, and candies; diet-type salad dressing; vinegar.

5. Steps in preparation of data for punching

(a) The first step is to study your food quantity data in terms of the appropriateness of the units of measure used in the descriptive table stub furnished in Part 2. You will probably need to convert the amounts reported to decimal fractions of the units used. Remember that when decimals are used with any one unit they must be used with all units for all foods. That is to say, if you decide to use 1.5 for 1-1/2 cups, then you must use 1.0 for 1 cup, 1.0 for 1 tablespoon, 3.0 for 3 apples, and so on. Extreme care to insure consistency in this regard is essential in order to avoid possible misplacing of decimal points.

You may have many reports of a particular fraction for any one of the units listed, such as 2/3 or 3/4. Therefore, you may wish to establish a new unit master card, giving the fraction a code (the next successive three-digit number after the last item coded at the end of the list, in card columns 1 - 3, and duplicating the code assigned in columns 4 - 6) and computing the proper nutritive values.

3. Steps in preparation of data for punching--continued

(b) On the source material (or worksheets) from which data are to be punched make legible entries of codes appropriate to the foods and units reported. Here you will use either the first half of the six-digit identification code, appearing to the left of the food item description in Part 2, or the full six-digit number, appearing to the right of the food item description--depending upon desired results.

4. Punching of the data

The desired identifying (control) information pertaining to the individual diet list can be punched once and then reproduced automatically by the punch operator into each food item card for that list. For each food item and its respective measure punch one Card No. 1 with (a) the control data (such as schedule number, age and sex of the individual), (b) the appropriate three- or six-digit code number, (c) the number of units (food quantity), (d) any other coded description or information regarding the food that is needed for purposes of analysis (such as food eaten at home or away from home; food eaten at the morning, noon, or evening meal; home-produced or purchased food).

5. Duplicating cards for products

If the nutrients to be studied are limited to four or five, probably Card No. 1 will be sufficient for the products (quantities of foods times the food composition values) and no duplicating will be required.

If all nutrients given in Home and Garden Bulletin 72 are to be studied, however, one card cannot carry them all. The Household Economics Research Division has found it useful, in computing weekly diets for families, to use two 80-column cards to carry the products. Usually products for energy, protein, carbohydrate, calcium, and iron are punched on Cards No. 1, and products for the vitamins on Cards No. 2. With the inclusion of fat and fatty acids it may be necessary to use three cards for the products for each food. This will be determined by the number of digits in the products and the maximum number of columns each nutrient is expected to require. Do some trial multiplying of the largest quantities times the highest value for each nutrient to establish the number of columns that must be allowed for each product. Consider also how much rounding, if any, you want to do on the products; that is, how many decimal places you wish to retain.

If more than one card is used for punching the products, each additional card for a food item must carry an identifying number punched for this purpose, and all data as originally punched on Card No. 1 must be duplicated.

6. Multiplication of nutritive values

When punching for all diets has been verified and necessary duplication of cards has been made, the cards are ready to be processed in preparation for multiplication. Itemized steps are not presented here, because these procedures will depend upon the type of equipment available. The machine unit can best outline these necessary steps.

7. Listing and tabulating of data for individual diets

(a) List all the data for each food code and a total for all foods (or list only the total for all foods) by schedule (diet) number. Sub-totals, such as nutritive values by food groups, may possibly be obtained at the same time, but may require a second run through the machine.

(b) For combinations of individual schedules to provide totals and averages by classifications of age and sex, for example, or any other characteristics included in the control data, furnish the machine unit with written instructions or with blank table forms for guidance.

(c) In using the data for totals and averages, it is well to check the card description on page 2 as a reminder of decimal places and that the vitamin A values are rounded to tens.

Part 2. List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Table 1

Item line number	Food	Unit of measure	Weight in grams	Six-digit identifi- cation number
Code for cols. 1-3				Code for cols. 1-6
	MILK, CREAM, CHEESE; RELATED PRODUCTS			
	Milk, cow's:			
001	Fluid, whole	1 cup	244	001111
002	Fluid, nonfat (skim)	1 cup	246	002111
003	Buttermilk, cultured, from skim milk	1 cup	246	003111
004	Evaporated, unsweetened, undiluted	1 cup	252	004112
005	Condensed, sweetened, undiluted	1 cup	306	005112
006	Dry, whole	1 cup	103	006112
007	Dry, nonfat	1 cup	80	007112
	Milk, goat's:			
008	Fluid, whole	1 cup	244	008111
	Cream:			
009	Half and half (milk and cream)	1 cup	242	009121
010		1 tbsp.	15	010121
011	Light, table or coffee, 1/2 pint	1 cup	240	011121
012		1 tbsp.	15	012121
	Whipping, unwhipped (volume about double when whipped):			
013	Medium	1 cup	239	013121
014		1 tbsp.	15	014121
015	Heavy	1 cup	238	015121
016		1 tbsp.	15	016121
	Cheese:			
017	Blue mold (Roquefort type)	1 oz.	28	017130
	Cheddar or American:			
018	Ungrated	1 in. cube	17	018130
019	Grated	1 cup	112	019130
020		1 tbsp.	7	020130
021	Cheddar, processed	1 oz.	28	021130
022	Cheese foods, cheddar	1 oz.	28	022130
	Cottage cheese, from skim milk:			
023	Creamed	1 cup	225	023130
024		1 oz.	28	024130
025	Uncreamed	1 cup	225	025130
026		1 oz.	28	026130
027	Cream cheese	1 oz.	28	027130
028		1 tbsp.	15	028130
029	Swiss	1 oz.	28	029130

(1) List of names of persons who are employed by the U.S. Government and who are also employed by the U.S. Army, Navy, or Air Force.

First Name	Last Name	Grade	Branch	Service Number	Address
John	Smith	1st Lt	Infantry	100-100-100	100-100-100
James	Johnson	2nd Lt	Artillery	100-100-100	100-100-100
Robert	Brown	3rd Lt	Engineers	100-100-100	100-100-100
William	White	4th Lt	Signal Corps	100-100-100	100-100-100
Charles	Black	5th Lt	Medical Corps	100-100-100	100-100-100
Thomas	Green	6th Lt	Transportation Corps	100-100-100	100-100-100
Richard	Gray	7th Lt	Quartermaster Corps	100-100-100	100-100-100
Joseph	Miller	8th Lt	Adjutant General's Corps	100-100-100	100-100-100
Samuel	Wells	9th Lt	Commissary Corps	100-100-100	100-100-100
David	Young	10th Lt	Post Office Corps	100-100-100	100-100-100
Benjamin	King	11th Lt	Pay Corps	100-100-100	100-100-100
Samuel	Scott	12th Lt	Inspector General's Corps	100-100-100	100-100-100
Robert	Lee	13th Lt	Chaplain Corps	100-100-100	100-100-100
John	Walker	14th Lt	Band	100-100-100	100-100-100
James	Hall	15th Lt	Aviation Corps	100-100-100	100-100-100
William	Allen	16th Lt	Special Forces	100-100-100	100-100-100
Charles	Young	17th Lt	Special Forces	100-100-100	100-100-100
Thomas	King	18th Lt	Special Forces	100-100-100	100-100-100
Richard	Scott	19th Lt	Special Forces	100-100-100	100-100-100
Joseph	Wells	20th Lt	Special Forces	100-100-100	100-100-100
Samuel	Young	21st Lt	Special Forces	100-100-100	100-100-100
David	King	22nd Lt	Special Forces	100-100-100	100-100-100
Benjamin	Scott	23rd Lt	Special Forces	100-100-100	100-100-100
Robert	Wells	24th Lt	Special Forces	100-100-100	100-100-100
John	Young	25th Lt	Special Forces	100-100-100	100-100-100
James	King	26th Lt	Special Forces	100-100-100	100-100-100
William	Scott	27th Lt	Special Forces	100-100-100	100-100-100
Charles	Wells	28th Lt	Special Forces	100-100-100	100-100-100
Thomas	Young	29th Lt	Special Forces	100-100-100	100-100-100
Richard	King	30th Lt	Special Forces	100-100-100	100-100-100

Part 2. List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Table 1--continued

Item line number	Food	Unit of measure	Weight in grams	Six-digit identifi- cation number
Code for cols. 1-3				Code for cols. 1-6
	MILK, CREAM, CHEESE; RELATED PRODUCTS--CONTINUED			
	Milk beverages:			
030	Cocoa	1 cup	242	030113
031	Chocolate-flavored milk drink .	1 cup	250	031113
032	Malted milk	1 cup	270	032113
	Milk desserts:			
033	Cornstarch pudding, plain (blanc mange)	1 cup	248	033123
034	Custard, baked	1 cup	248	034123
	Ice cream, plain, factory packed:			
035	Slice or cut brick, 1/8 of quart brick	1 slice or cut brick	71	035122
036	Container	3-1/2 fluid oz.	62	036122
037	Container	8 fluid oz.	142	037122
038	Ice milk	1 cup	187	038122
039	Yoghurt, from partially skimmed milk	1 cup	246	039112
	EGGS			
	Eggs, Large, 24 ounces per dozen:			
	Raw:			
040	Whole, without shell	1 egg	50	040230
041	White of egg	1 white	33	041230
042	Yolk of egg	1 yolk	17	042230
	Cooked:			
043	Boiled, shell removed	2 eggs	100	043230
044	Scrambled, with milk and fat .	1 egg	64	044230

On March 1, 1914, the following items were received from the
 various sources and are included in the cash account.

Date	Particulars	Debit	Credit	Balance
1914				
Mar 1	Balance forward			100.00
Mar 1	Received from [illegible]		50.00	150.00
Mar 1	Received from [illegible]		25.00	175.00
Mar 1	Received from [illegible]		25.00	200.00
Mar 1	Received from [illegible]		25.00	225.00
Mar 1	Received from [illegible]		25.00	250.00
Mar 1	Received from [illegible]		25.00	275.00
Mar 1	Received from [illegible]		25.00	300.00
Mar 1	Received from [illegible]		25.00	325.00
Mar 1	Received from [illegible]		25.00	350.00
Mar 1	Received from [illegible]		25.00	375.00
Mar 1	Received from [illegible]		25.00	400.00
Mar 1	Received from [illegible]		25.00	425.00
Mar 1	Received from [illegible]		25.00	450.00
Mar 1	Received from [illegible]		25.00	475.00
Mar 1	Received from [illegible]		25.00	500.00
Mar 1	Received from [illegible]		25.00	525.00
Mar 1	Received from [illegible]		25.00	550.00
Mar 1	Received from [illegible]		25.00	575.00
Mar 1	Received from [illegible]		25.00	600.00
Mar 1	Received from [illegible]		25.00	625.00
Mar 1	Received from [illegible]		25.00	650.00
Mar 1	Received from [illegible]		25.00	675.00
Mar 1	Received from [illegible]		25.00	700.00
Mar 1	Received from [illegible]		25.00	725.00
Mar 1	Received from [illegible]		25.00	750.00
Mar 1	Received from [illegible]		25.00	775.00
Mar 1	Received from [illegible]		25.00	800.00
Mar 1	Received from [illegible]		25.00	825.00
Mar 1	Received from [illegible]		25.00	850.00
Mar 1	Received from [illegible]		25.00	875.00
Mar 1	Received from [illegible]		25.00	900.00
Mar 1	Received from [illegible]		25.00	925.00
Mar 1	Received from [illegible]		25.00	950.00
Mar 1	Received from [illegible]		25.00	975.00
Mar 1	Received from [illegible]		25.00	1000.00

Part 2. List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Table 1--continued

Item line number	Food	Unit of measurment	Weight in grams	Six-digit identifi- cation number
Code for cols. 1-3	MEAT, POULTRY, FISH, SHELLFISH; RELATED PRODUCTS			Code for cols. 1-6
045	Bacon, broiled or fried, crisp .	2 slices	16	045212
	Beef, trimmed to retail basis basis <u>1</u> /, cooked: Cuts braised, simmered, or pot-roasted:			
046	Lean and fat	3 oz.	85	046211
047	Lean only	2.5 oz.	72	047211
	Hamburger, broiled:			
048	Market ground	3 oz.	85	048211
049	Ground lean	3 oz.	85	049211
	Roast, oven-cooked, no liquid added:			
	Relatively fat, as rib:			
050	Lean and fat	3 oz.	85	050211
051	Lean only	1.8 oz.	51	051211
	Relatively lean, as round:			
052	Lean and fat	3 oz.	85	052211
053	Lean only	2.5 oz.	71	053211
	Steak, broiled:			
	Relatively fat, as sirloin:			
054	Lean and fat	3 oz.	85	054211
055	Lean only	2.0 oz.	56	055211
	Relatively lean, as round:			
056	Lean and fat	3 oz.	85	056211
057	Lean only	2.4 oz.	69	057211
	Beef, canned:			
058	Corned beef	3 oz.	85	058211
059	Corned beef hash	3 oz.	85	059281
060	Beef, dried or chipped	2 oz.	57	060211
061	Beef and vegetable stew	1 cup	235	061281
062	Beef pot pie, baked: Individual pie, 4-1/4-inch-diameter, weight before baking about 8 ounces	1 pie	227	062281

1/ Outer layer of fat on the cut was removed to within approximately
1/2 inch of the lean. Deposits of fat within the cut were not removed.

Part 2. List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Table 1--continued

Item line number	Food	Unit of measure	Weight in grams	Six-digit identifi- cation number
Code for cols. 1-3				Code for cols. 1-6
	MEAT, POULTRY, FISH, SHELLFISH; RELATED PRODUCTS--CONTINUED			
063	Chicken, cooked: Flesh and skin, broiled	3 oz. with- out bone	85	063216
064	Breast, fried, 1/2 breast: With bone	3.3 oz.	94	064216
065	Flesh and skin only	2.8 oz.	79	065216
066	Leg, fried (thigh and drumstick): With bone	4.3 oz.	121	066216
067	Flesh and skin only	3.1 oz.	89	067216
068	Chicken, canned, boneless	3 oz.	85	068216
	Chicken pot pie. See Poultry pot pie.			
069	Chile con carne, canned: With beans	1 cup	250	069282
070	Without beans	1 cup	255	070281
071	Heart, beef, trimmed of fat, braised	3 oz.	85	071215
072	Lamb, trimmed to retail basis basis 1/, cooked: Chop, thick, with bone, broiled	1 chop 4.8 oz.	137	072213
073	Lean and fat	4.0 oz.	112	073213
074	Lean only	2.6 oz.	74	074213
075	Leg, roasted: Lean and fat	3 oz.	85	075213
076	Lean only	2.5 oz.	71	076213
077	Shoulder, roasted: Lean and fat	3 oz.	85	077213
078	Lean only	2.3 oz.	64	078213
079	Liver, beef, fried	2 oz.	57	079214
080	Pork, cured, cooked: Ham, smoked, lean and fat	3 oz.	85	080212
081	Luncheon meat: Cooked ham, sliced	2 oz.	57	081212

1/ Outer layer of fat on the cut was removed to within approximately 1/2 inch of the lean. Deposits of fat within the cut were not removed.

Part 2...List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Table 1--continued

Item line number	Food	Unit of measure	Weight in grams	Six-digit identifi- cation number
Code for cols. 1-3	MEAT, POULTRY, FISH, SHELLFISH; RELATED PRODUCTS--CONTINUED			Code for cols. 1-6
	Pork, cured, cooked--continued: Luncheon meat--continued:			
082	Spiced meats, canned	2 oz.	57	082215
	Pork, fresh, trimmed to retail basis, <u>1</u> / cooked:			
083	Chop, thick, with bone	1 chop 3.5 oz.	98	083212
084	Lean and fat	2.3 oz.	66	084212
085	Lean only	1.7 oz.	48	085212
	Roast, oven-cooked, no liquid added:			
086	Lean and fat	3 oz.	85	086212
087	Lean only	2.4 oz.	68	087212
	Cuts simmered:			
088	Lean and fat	3 oz.	85	088212
089	Lean only	2.2 oz.	63	089212
090	Poultry pot pie (chicken or turkey): Individual pie, 4-1/4-inch-diameter, about 8 ounces	1 pie	227	090281
	Sausage:			
091	Bologna, slice 4.1 by 0.1 inch	8 slices	227	091215
092	Frankfurter, cooked	1 frank- furter	51	092215
093	Pork, bulk, canned	4 oz.	113	093215
094	Tongue, beef, simmered	3 oz.	85	094215
	Turkey pot pie. See Poultry pot pie.			
	Veal, cooked:			
095	Cutlet, broiled	3 oz. with- out bone	85	095213

1/ Outer layer of fat on the cut was removed to within approximately 1/2 inch of the lean. Deposits of fat within the cut were not removed.

Part 2.--List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Table 1--continued

Item line number	Food	Unit of measure	Weight in grams	Six-digit identifi- cation number
Code for cols. 1-3	MEAT, POULTRY, FISH, SHELLFISH; RELATED PRODUCTS--CONTINUED			Code for cols. 1-6
	Veal, cooked--continued:			
	Roast, medium fat, medium done:			
096	Lean and fat	3 oz.	85	096213
	Fish and shellfish:			
097	Bluefish, baked or broiled	3 oz.	85	097217
	Clams:			
098	Raw, meat only	3 oz.	85	098217
099	Canned, solids and liquid	3 oz.	85	099217
100	Crabmeat, canned or cooked	3 oz.	85	100217
101	Fishsticks, breaded, cooked, frozen; stick, 3.8 by 1.0 by 0.5 inch	10 sticks or 8-ounce package	227	101217
102	Haddock, fried	3 oz.	85	102217
	Mackerel:			
103	Broiled, Atlantic	3 oz.	85	103217
104	Canned, Pacific, solids and liquid	3 oz.	85	104217
105	Ocean perch, breaded (egg and breadcrumbs), fried	3 oz.	85	105217
106	Oysters, meat only: Raw, 13-19 medium selects	1 cup	240	106217
107	Oyster stew, 1 part oysters to 3 parts milk by volume, 3-4 oysters	1 cup	230	107281
108	Salmon, pink, canned ¹ / ₂	3 oz.	85	108217
109	Sardines, Atlantic type, canned in oil, drained solids	3 oz.	85	109217
110	Shad, baked	3 oz.	85	110217
111	Shrimp, canned, meat only	3 oz.	85	111217
112	Swordfish, broiled with butter or margarine	3 oz.	85	112217
113	Tuna, canned in oil, drained solids	3 oz.	85	113217

¹/ If bones are discarded, calcium content would be much lower. Bones equal about 2 percent of total contents of can.

Part 2. List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Table 1--continued

Item line number	Food	Unit of measure	Weight in grams	Six-digit identifi- cation number
Code for cols. 1-3				Code for cols. 1-6
	MATURE DRY BEANS, PEAS, NUTS, PEANUTS; RELATED PRODUCTS			
114	Almonds, shelled	1 cup	142	114252
	Beans, dry, canned:			
	Common varieties, as Great Northern, navy, and others:			
115	Red	1 cup	256	115240
	White, with tomato or molasses:			
116	With pork	1 cup	261	116240
117	Without pork	1 cup	261	117240
118	Lima, cooked	1 cup	192	118240
119	Brazil nuts, broken pieces	1 cup	140	119252
120	Cashew nuts, roasted	1 cup	135	120252
	Coconut:			
121	Fresh, shredded	1 cup	97	121252
122	Dried, shredded, sweetened	1 cup	62	122252
123	Cowpeas or blackeye peas, dry, cooked	1 cup	248	123240
	Peanuts, roasted, shelled:			
124	Halves	1 cup	144	124251
125	Chopped	1 tbsp.	9	125251
126	Peanut butter	1 tbsp.	16	126251
127	Peas, split, dry, cooked	1 cup	250	127240
	Pecans:			
128	Halves	1 cup	108	128252
129	Chopped	1 tbsp.	7.5	129252
	Walnuts, shelled:			
130	Black or native, chopped	1 cup	126	130252
	English or Persian:			
131	Halves	1 cup	100	131252
132	Chopped	1 tbsp.	8	132252

Part 2. List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Table 1--continued

Item line number	Food	Unit of measure	Weight in grams	Six-digit identifi- cation number
Code for cols. 1-3				Code for cols. 1-6
	VEGETABLES AND VEGETABLE PRODUCTS			
	Asparagus:			
133	Cooked, cut spears	1 cup	175	133360
	Canned spears, medium:			
134	Green	6 spears	96	134360
135	Bleached	6 spears	96	135360
	Beans:			
136	Lima, immature, cooked	1 cup	160	136360
	Snap, green:			
	Cooked:			
137	In small amount of water, short time	1 cup	125	137360
138	In large amount of water, long time	1 cup	125	138360
	Canned:			
139	Solids and liquid	1 cup	239	139360
140	Strained or chopped	1 oz.	28	140360
	Bean sprouts, see Sprouts			
141	Beets, cooked, diced	1 cup	165	141360
142	Broccoli spears, cooked	1 cup	150	142331
143	Brussels sprouts, cooked	1 cup	130	143360
	Cabbage:			
	Raw:			
144	Finely shredded	1 cup	100	144360
145	Coleslaw	1 cup	120	145380
	Cooked:			
146	In small amount of water, short time	1 cup	170	146360
147	In large amount of water, long time	1 cup	170	147360
	Cabbage, celery or Chinese:			
148	Raw, leaves and stem, 1-inch pieces	1 cup	100	148360
149	Cooked	1 cup	190	149360

Part 2. List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Table 1--continued

Item line number	Food	Unit of measure	Weight in grams	Six-digit identifi- cation number
Code for cols. 1-3				Code for cols. 1-6
VEGETABLES AND VEGETABLE PRODUCTS--CONTINUED				
Carrots:				
Raw:				
150	Whole, 5-1/2 by 1 inch (25 thin strips)	1 carrot	50	150332
151	Grated	1 cup	110	151332
152	Cooked, diced	1 cup	145	152332
153	Canned, strained or chopped ...	1 oz.	28	153332
154	Cauliflower, cooked, flower buds	1 cup	120	154360
Celery, raw:				
155	Stalk, large outer, 8 by about 1-1/2 inches at root end .	1 stalk	40	155360
156	Pieces, diced	1 cup	100	156360
157	Collards, cooked	1 cup	190	157331
Corn, sweet <u>1</u> / ₂ :				
158	Cooked, ear 5 by 1-3/4 inches	1 ear	140	158360
159	Canned, solids and liquid	1 cup	256	159360
160	Cowpeas, cooked, immature seeds	1 cup	160	160360
Cucumbers, 10-ounce; 7-1/2 by about 2 inches:				
161	Raw, pared	1 cucumber	207	161360
162	Raw, pared, center slice 1/8 inch thick	6 slices	50	162360
163	Dandelion greens, cooked	1 cup	180	163331
164	Endive, curly (including escarole)	2 oz.	57	164331
165	Kale, cooked	1 cup	110	165331
Lettuce, headed, raw:				
166	Head, loose-leaf, 4-inch- diameter	1 head	220	166360
167	Head, compact, 4-3/4-inch- diameter, 1 pound	1 head	454	167360
168	Leaves	2 large, 4 small	50	168360
169	Mushrooms, canned, solids and liquid	1 cup	244	169360
170	Mustard greens, cooked	1 cup	140	170331

¹/ Vitamin A value is based on yellow corn; white corn contains only a trace.

Part 2. List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Table 1--continued

Item line number	Food	Unit of measure	Weight in grams	Six-digit identifi- cation number
Code for cols. 1-3	VEGETABLES AND VEGETABLE PRODUCTS--CONTINUED			Code for cols. 1-6
171	Okra, cooked, pod 3 by 5/8 inch	8 pods	85	171360
	Onions:			
	Mature:			
172	Raw, onion 2-1/2-inch- diameter	1 onion	110	172360
173	Cooked	1 cup	210	173360
174	Young green, small, without tops	6 onions	50	174360
175	Parsley, raw, chopped	1 tbsp.	3.5	175331
176	Parsnips, cooked	1 cup	155	176360
	Peas, green:			
177	Cooked	1 cup	160	177360
178	Canned, solids and liquid	1 cup	249	178360
179	Canned, strained	1 oz.	28	179360
	Peppers, hot, red, without seeds, dried:			
180	Ground chili powder	1 tbsp.	15	180331
	Peppers, sweet:			
	Raw, medium, about 6 per pound:			
181	Green pod without stem and seeds	1 pod	62	181331
182	Red pod without stem and seeds	1 pod	60	182331
183	Canned, pimientos, medium	1 pod	38	183331
	Potatoes, medium, about 3 per pound:			
184	Baked, peeled after baking	1 potato	99	184310
	Boiled:			
185	Peeled after boiling	1 potato	136	185310
186	Peeled before boiling	1 potato	122	186310
	French-fried, piece 2 by 1/2 by 1/2 inch:			
187	Cooked in deep fat, ready- to-eat	10 pieces	57	187310
188	Frozen, ready to heat for serving	10 pieces	57	188310

Part 2. List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Table 1--continued

Item line number	Food	Unit of measure	Weight in grams	Six-digit identifi- cation number
Code for cols. 1-3	VEGETABLES AND VEGETABLE PRODUCTS--CONTINUED			Code for cols. 1-6
	Potatoes, medium, about 3 per pound--continued:			
	Mashed:			
189	Milk added	1 cup	195	189310
190	Milk and butter added	1 cup	195	190310
191	Potato chips, medium, 2-inch- diameter	10 chips	20	191310
192	Pumpkin, canned	1 cup	228	192332
193	Radishes, raw, small, without tops	4 radishes	40	193360
194	Sauerkraut, canned, drained solids	1 cup	150	194360
	Spinach 1/2:			
195	Cooked	1 cup	180	195331
196	Canned, drained solids	1 cup	180	196331
197	Canned, strained and creamed ..	1 oz.	28	197331
	Sprouts, raw:			
198	Mung bean	1 cup	90	198360
199	Soybean	1 cup	107	199360
	Squash:			
	Cooked:			
200	Summer, diced	1 cup	210	200360
201	Winter, baked, mashed	1 cup	205	201332
202	Canned, winter, strained or chopped	1 oz.	28	202332
	Sweetpotatoes:			
	Cooked, medium, 5 by 2 inches, weight raw about 6 ounces:			
203	Baked, peeled after baking ...	1 sweet- potato	110	203332
204	Boiled, peeled after boiling	1 sweet- potato	147	204332
205	Candied, 3-1/2 by 2-1/4 inches	1 sweet- potato	175	205332
206	Canned, vacuum or solid pack ..	1 cup	218	206332

1/ Calcium may not be usable because of presence of oxalic acid.

Part 2. List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Table 1--continued

Item line number	Food	Unit of measure	Weight in grams	Six-digit identifi- cation number
Code for cols. 1-3	VEGETABLES AND VEGETABLE PRODUCTS--CONTINUED			Code for cols. 1-6
	Tomatoes:			
207	Raw, medium, 2 by 2-1/2 inches, about 3 per pound	1 tomato	150	207350
208	Canned or cooked	1 cup	242	208350
209	Tomato juice, canned	1 cup	242	209350
210	Tomato catsup	1 tbsp.	17	210350
211	Turnips, cooked, diced	1 cup	155	211360
	Turnip greens:			
	Cooked:			
212	In small amount of water, short time	1 cup	145	212331
213	In large amount of water, long time	1 cup	145	213331
214	Canned, solids and liquid	1 cup	232	214331
	FRUITS AND FRUIT PRODUCTS			
215	Apples, raw, medium, 2-1/2-inch- diameter, about 3 per pound	1 apple	150	215431
216	Apple brown betty	1 cup	230	216432
217	Apple juice, fresh or canned ...	1 cup	249	217431
	Apple sauce, canned:			
218	Sweetened	1 cup	254	218431
219	Unsweetened	1 cup	239	219431
	Apricots:			
220	Raw, about 12 per pound	3 apricots	114	220431
	Canned in heavy sirup:			
221	Halves and sirup	1 cup	259	221431
222	Halves, medium, and sirup	4 halves; 2 tbsp. sirup	122	222431
	Dried:			
223	Uncooked, 40 halves, small ...	1 cup	150	223420
224	Cooked, unsweetened, fruit and liquid	1 cup	285	224420
225	Apricots and apple sauce, canned (strained or chopped)	1 oz.	28	225431
226	Apricot nectar	1 cup	250	226431

Part 2. List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Table 1--continued

Item line number	Food	Unit of measure	Weight in grams	Six-digit identifi- cation number
Code for cols. 1-3				Code for cols. 1-6
	FRUITS AND FRUIT PRODUCTS--CONTINUED			
	Avocados, raw:			
	California varieties, mainly			
	Fuerte:			
227	10-ounce avocado, about 3-1/3 by 4-1/4 inches, peeled, pitted	1/2 avo- cado	108	227431
228	1/2-inch cubes	1 cup	152	228431
	Florida varieties:			
229	13-ounce avocado, about 4 by 3 inches, peeled, pitted	1/2 avo- cado	123	229431
230	1/2-inch cubes	1 cup	152	230431
231	Bananas, raw, 6 by 1-1/2 inches, about 3 per pound	1 banana	150	231431
232	Blackberries, raw	1 cup	144	232431
233	Blueberries, raw	1 cup	140	233431
	Cantaloups, raw 1/:			
234	Medium, 5-inch-diameter, about 1-2/3 pounds	1/2 melon	385	234431
	Cherries:			
235	Raw, sour, sweet, hybrid	1 cup	114	235431
236	Canned, red, sour, pitted	1 cup	247	236431
237	Cranberry juice cocktail, canned	1 cup	250	237431
238	Cranberry sauce, sweetened, canned or cooked	1 cup	277	238431
239	Dates, "fresh" and dried, pitted, cut	1 cup	178	239420
	Figs:			
240	Raw, small, 1-1/2-inch-diam- eter, about 12 per pound ..	3 figs	114	240431
241	Dried, large 2 by 1 inch	1 fig	21	241420
242	Fruit cocktail, canned in heavy sirup, solids and liquid ..	1 cup	256	242431

1/ Vitamin A value is based on deeply colored yellow varieties.

Part 2. List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Table 1--continued

Item line number	Food	Unit of measure	Weight in grams	Six-digit identifi- cation number
Code for cols. 1-3				Code for cols. 1-6
	FRUITS AND FRUIT PRODUCTS--CONTINUED			
	Grapefruit:			
	Raw, medium, 4-1/4-inch-diameter, No. 64's:			
243	White	1/2 grape- fruit	285	243410
244	Pink or red	1/2 grape- fruit	285	244410
245	Raw sections, white	1 cup	194	245410
	Canned:			
246	Sirup pack, solids and liquid	1 cup	249	246410
247	Water pack, solids and liquid	1 cup	240	247410
	Grapefruit juice:			
248	Fresh	1 cup	246	248410
	Canned:			
249	Unsweetened	1 cup	247	249410
250	Sweetened	1 cup	250	250410
	Frozen, concentrate, unsweetened:			
251	Undiluted, can, 6 fluid ounces	1 can	207	251410
252	Water added	1 cup	247	252410
	Frozen, concentrate, sweetened:			
253	Undiluted, can, 6 fluid ounces	1 can	211	253410
254	Water added	1 cup	249	254410
	Dehydrated:			
255	Crystals, can, net weight 4 ounces	1 can	114	255410
256	Water added	1 cup	247	256410
	Grapes, raw:			
257	American type (slip skin), as Concord, Delaware, Niagara, and Scuppernong	1 cup	153	257431
258	European type (adherent skin), as Malaga, Muscat, Sultanina (Thompson seed- less), and Flame Tokay	1 cup	160	258431

Part 2. List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Table 1--continued

Item line number	Food	Unit of measure	Weight in grams	Six-digit identifi- cation number
Code for cols. 1-3				Code for cols. 1-6
	FRUITS AND FRUIT PRODUCTS--CONTINUED			
259	Grape juice, bottled	1 cup	254	259431
	Lemons:			
260	Raw, medium, 2-1/5-inch- diameter, size 150	1 lemon	106	260410
	Lemon juice:			
261	Fresh	1 cup	246	261410
262		1 tbsp.	15	262410
263	Canned, unsweetened	1 cup	245	263410
	Lemonade concentrate, frozen, sweetened:			
264	Undiluted, can, 6 fluid ounces	1 can	220	264410
265	Water added	1 cup	248	265410
	Lime juice:			
266	Fresh	1 cup	246	266410
267	Canned	1 cup	246	267410
	Limeade concentrate, frozen, sweetened:			
268	Undiluted, can, 6 fluid ounces	1 can	218	268410
269	Water added	1 cup	248	269410
	Oranges, raw:			
270	Navel, California (winter), size 88, 2-4/5-inch- diameter	1 orange	180	270410
271	Other varieties, 3-inch-diameter	1 orange	210	271410
	Orange juice:			
	Fresh:			
272	California, Valencia, summer	1 cup	249	272410
	Florida varieties:			
273	Early and midseason	1 cup	247	273410
274	Late season, Valencia	1 cup	248	274410
275	Canned, unsweetened	1 cup	249	275410
	Frozen concentrate:			
276	Undiluted, can, 6 fluid ounces	1 can	210	276410
277	Water added	1 cup	248	277410

Part 2. List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Table 1--continued

Item line number	Food	Unit of measure	Weight in grams	Six-digit identifi- cation number
Code for cols. 1-3				Code for cols. 1-6
	FRUITS AND FRUIT PRODUCTS--CONTINUED			
	Orange juice--continued:			
	Dehydrated:			
278	Crystals, can, net weight 4 ounces	1 can	113	278410
279	Water added	1 cup	248	279410
	Orange and grapefruit juice:			
	Frozen concentrate:			
280	Undiluted, can, 6 fluid ounces	1 can	209	280410
281	Water added	1 cup	248	281410
282	Papayas, raw, 1/2-inch-cubes ...	1 cup	182	282431
	Peaches:			
	Raw. <u>1</u> /:			
283	Whole, medium, 2-inch- diameter, about 4 per pound	1 peach	114	283431
284	Sliced	1 cup	168	284431
	Canned, yellow-fleshed, solids and liquid:			
	Sirup pack, heavy:			
285	Halves or slices	1 cup	257	285431
286	Halves, medium, and sirup ...	2 halves & 2 tbsp. sirup	117	286431
287	Water pack	1 cup	245	287431
288	Strained	1 oz.	28	288431
	Dried:			
289	Uncooked	1 cup	160	289420
290	Cooked, unsweetened, 10-12 halves and 6 tbsp. liquid	1 cup	270	290420
	Frozen <u>2</u> /:			
291	Carton, 12 ounces	1 carton	340	291431
292	Can, 16 ounces	1 can	454	292431
293	Peach nectar, canned	1 cup	250	293431

1/Vitamin A value of yellow-fleshed varieties; the value is negligible in white-fleshed varieties.

2/Content of frozen peaches with added ascorbic acid; when not added the content is 14 milligrams per 12-ounce carton and 18 milligrams per 16-ounce can.

Part 2. List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Table 1--continued

Item line number	Food	Unit of measure	Weight in grams	Six-digit identifi- cation number
Code for cols. 1-3				Code for cols. 1-6
	FRUITS AND FRUIT PRODUCTS--CONTINUED			
	Pears:			
294	Raw, 3 by 2-1/2-inch-diameter .	1 pear	182	294431
	Canned, solids and liquid:			
	Sirup pack, heavy:			
295	Halves or slices	1 cup	255	295431
296	Halves, medium, and sirup ...	2 halves & 2 tbsp. sirup	117	296431
297	Water pack	1 cup	243	297431
298	Strained	1 oz.	28	298431
299	Pear nectar, canned	1 cup	250	299431
300	Persimmons, Japanese or Kaki, raw, seedless, 2-1/2-inch- diameter	1 per- simmon	125	300431
	Pineapple:			
301	Raw, diced	1 cup	140	301431
	Canned, sirup pack, solids and liquid:			
302	Crushed	1 cup	260	302431
303	Sliced, slices and juice	2 small or 1 large & 2 tbsp. juice	122	303431
304	Pineapple juice, canned	1 cup	249	304431
	Plums, all except prunes:			
305	Raw, 2-inch-diameter, about 2 ounces	1 plum	60	305431
	Canned, sirup pack (Italian prunes):			
306	Plums and juice	1 cup	256	306431
307	Plums (without pits) and juice	3 plums & 2 tbsp. juice	122	307431

1917
 REPORT OF THE COMMISSIONER OF THE GENERAL LAND OFFICE
 OF THE UNITED STATES DEPARTMENT OF THE INTERIOR

No.		Section		Description		Acres
1	1	1	1	Section 1, Township 1 N., Range 1 E., 1st Meridian		36.00
2	2	2	2	Section 2, Township 1 N., Range 1 E., 1st Meridian		36.00
3	3	3	3	Section 3, Township 1 N., Range 1 E., 1st Meridian		36.00
4	4	4	4	Section 4, Township 1 N., Range 1 E., 1st Meridian		36.00
5	5	5	5	Section 5, Township 1 N., Range 1 E., 1st Meridian		36.00
6	6	6	6	Section 6, Township 1 N., Range 1 E., 1st Meridian		36.00
7	7	7	7	Section 7, Township 1 N., Range 1 E., 1st Meridian		36.00
8	8	8	8	Section 8, Township 1 N., Range 1 E., 1st Meridian		36.00
9	9	9	9	Section 9, Township 1 N., Range 1 E., 1st Meridian		36.00
10	10	10	10	Section 10, Township 1 N., Range 1 E., 1st Meridian		36.00
11	11	11	11	Section 11, Township 1 N., Range 1 E., 1st Meridian		36.00
12	12	12	12	Section 12, Township 1 N., Range 1 E., 1st Meridian		36.00
13	13	13	13	Section 13, Township 1 N., Range 1 E., 1st Meridian		36.00
14	14	14	14	Section 14, Township 1 N., Range 1 E., 1st Meridian		36.00
15	15	15	15	Section 15, Township 1 N., Range 1 E., 1st Meridian		36.00
16	16	16	16	Section 16, Township 1 N., Range 1 E., 1st Meridian		36.00
17	17	17	17	Section 17, Township 1 N., Range 1 E., 1st Meridian		36.00
18	18	18	18	Section 18, Township 1 N., Range 1 E., 1st Meridian		36.00
19	19	19	19	Section 19, Township 1 N., Range 1 E., 1st Meridian		36.00
20	20	20	20	Section 20, Township 1 N., Range 1 E., 1st Meridian		36.00
21	21	21	21	Section 21, Township 1 N., Range 1 E., 1st Meridian		36.00
22	22	22	22	Section 22, Township 1 N., Range 1 E., 1st Meridian		36.00
23	23	23	23	Section 23, Township 1 N., Range 1 E., 1st Meridian		36.00
24	24	24	24	Section 24, Township 1 N., Range 1 E., 1st Meridian		36.00
25	25	25	25	Section 25, Township 1 N., Range 1 E., 1st Meridian		36.00
26	26	26	26	Section 26, Township 1 N., Range 1 E., 1st Meridian		36.00
27	27	27	27	Section 27, Township 1 N., Range 1 E., 1st Meridian		36.00
28	28	28	28	Section 28, Township 1 N., Range 1 E., 1st Meridian		36.00
29	29	29	29	Section 29, Township 1 N., Range 1 E., 1st Meridian		36.00
30	30	30	30	Section 30, Township 1 N., Range 1 E., 1st Meridian		36.00
31	31	31	31	Section 31, Township 1 N., Range 1 E., 1st Meridian		36.00
32	32	32	32	Section 32, Township 1 N., Range 1 E., 1st Meridian		36.00
33	33	33	33	Section 33, Township 1 N., Range 1 E., 1st Meridian		36.00
34	34	34	34	Section 34, Township 1 N., Range 1 E., 1st Meridian		36.00
35	35	35	35	Section 35, Township 1 N., Range 1 E., 1st Meridian		36.00
36	36	36	36	Section 36, Township 1 N., Range 1 E., 1st Meridian		36.00
37	37	37	37	Section 37, Township 1 N., Range 1 E., 1st Meridian		36.00
38	38	38	38	Section 38, Township 1 N., Range 1 E., 1st Meridian		36.00
39	39	39	39	Section 39, Township 1 N., Range 1 E., 1st Meridian		36.00
40	40	40	40	Section 40, Township 1 N., Range 1 E., 1st Meridian		36.00
41	41	41	41	Section 41, Township 1 N., Range 1 E., 1st Meridian		36.00
42	42	42	42	Section 42, Township 1 N., Range 1 E., 1st Meridian		36.00
43	43	43	43	Section 43, Township 1 N., Range 1 E., 1st Meridian		36.00
44	44	44	44	Section 44, Township 1 N., Range 1 E., 1st Meridian		36.00
45	45	45	45	Section 45, Township 1 N., Range 1 E., 1st Meridian		36.00
46	46	46	46	Section 46, Township 1 N., Range 1 E., 1st Meridian		36.00
47	47	47	47	Section 47, Township 1 N., Range 1 E., 1st Meridian		36.00
48	48	48	48	Section 48, Township 1 N., Range 1 E., 1st Meridian		36.00
49	49	49	49	Section 49, Township 1 N., Range 1 E., 1st Meridian		36.00
50	50	50	50	Section 50, Township 1 N., Range 1 E., 1st Meridian		36.00

Part 2. List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Table 1--continued

Item line number	Food	Unit of measure	Weight in grams	Six-digit identifi- cation number
Code for cols. 1-3				Code for cols. 1-6
	FRUITS AND FRUIT PRODUCTS--CONTINUED			
	Prunes, dried:			
	Medium, 50-60 per pound:			
308	Uncooked	4 prunes	32	308420
309	Cooked, unsweetened, 17-18 prunes and 1/3 cup liquid .	1 cup	270	309420
310	Canned, strained	1 oz.	28	310420
311	Prune juice, canned	1 cup	240	311420
312	Raisins, dried	1 cup	160	312420
	Raspberries, red:			
313	Raw	1 cup	123	313431
314	Frozen, 10-ounce carton	1 carton	284	314431
315	Rhubarb, cooked, sugar added <u>1</u> /.	1 cup	272	315431
	Strawberries:			
316	Raw, capped	1 cup	149	316431
317	Frozen, 10-ounce carton	1 carton	284	317431
318	Frozen, 16-ounce can	1 can	454	318431
319	Tangerines, raw, medium, 2-1/2- inch-diameter, about 4 per pound	1 tange- rine	114	319410
	Tangerine juice:			
320	Canned, unsweetened	1 cup	248	320410
	Frozen concentrate:			
321	Undiluted, can, 6 fluid ounces	1 can	210	321410
322	Water added	1 cup	248	322410
323	Watermelon, raw, wedge, 4 by 8 inches (1/16 of 10 by 16- inch melon, about 2 pounds with rind)	1 wedge	925	323431

1/ Calcium may not be usable because of presence of oxalic acid.

Part 2. List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Table 1--continued

Item line number	Food	Unit of measure	Weight in grams	Six-digit identifi- cation number
Code for cols. 1-3				Code for cols. 1-6
GRAIN PRODUCTS				
324	Barley, pearled, light, uncooked	1 cup	203	324511
325	Biscuits, baking powder, with enriched flour, 2-1/2- inch-diameter	1 biscuit	38	325512
326	Bran flakes (40-percent bran) with added thiamine	1 oz.	28	326511
Breads:				
327	Boston brown bread made with degermed cornmeal, slice, 3 by 3/4 inch	1 slice	48	327522
Cracked-wheat bread:				
328	Loaf, 1-pound, 20 slices	1 loaf	454	328512
329	Slice	1 slice	23	329512
French or vienna bread:				
330	Enriched, 1-pound loaf	1 loaf	454	330512
331	Unenriched, 1-pound loaf	1 loaf	454	331522
Italian bread:				
332	Enriched, 1-pound loaf	1 loaf	454	332512
333	Unenriched, 1-pound loaf	1 loaf	454	333522
Raisin bread:				
334	Loaf, 1-pound, 20 slices	1 loaf	454	334522
335	Slice	1 slice	23	335522
Rye bread:				
American, light (1/3 rye, 2/3 wheat):				
336	Loaf, 1-pound, 20 slices	1 loaf	454	336522
337	Slice	1 slice	23	337522
Pumpernickel, dark:				
338	Loaf, 1-pound	1 loaf	454	338512

Part 2. List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Table 1--continued

Item line number	Food	Unit of measure	Weight in grams	Six-digit identifi- cation number
Code for cols. 1-3	GRAIN PRODUCTS--CONTINUED			Code for cols. 1-6
	Breads--continued:			
	White bread: <u>1</u> /			
	Enriched:			
	1 to 2 percent nonfat			
	dry milk:			
339	Loaf, 1-pound, 20 slices ...	1 loaf	454	339512
340	Slice	1 slice	23	340512
	3 to 4 percent nonfat			
	dry milk:			
341	Loaf, 1 pound	1 loaf	454	341512
	Sliced:			
342	20 slices per 1-pound loaf	1 slice	23	342512
343	Toasted	1 slice	20	343512
344	26 slices per 1-pound loaf	1 slice	17	344512
	5 to 6 percent nonfat			
	dry milk:			
345	Loaf, 1-pound, 20 slices ...	1 loaf	454	345512
346	Slice	1 slice	23	346512
	White bread: <u>1</u> /			
	Unenriched:			
	1 to 2 percent nonfat			
	dry milk:			
347	Loaf, 1-pound, 20 slices ...	1 loaf	454	347522
348	Slice	1 slice	23	348522
	3 to 4 percent nonfat			
	dry milk:			
349	Loaf, 1 pound	1 loaf	454	349522
	Sliced:			
350	20 slices per 1-pound loaf	1 slice	23	350522
351	Toasted	1 slice	20	351522
352	26 slices per 1-pound loaf	1 slice	17	352522
	5 to 6 percent nonfat			
	dry milk:			
353	Loaf, 1-pound, 20 slices ...	1 loaf	454	353522
354	Slice	1 slice	23	354522

1/ When the amount of nonfat dry milk in commercial white bread is unknown, use values for bread with 3 to 4 percent nonfat dry milk.

Part 2. List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Table 1--continued

Item line number	Food	Unit of measure	Weight in grams	Six-digit identifi- cation number
Code for cols. 1-3	GRAIN PRODUCTS--CONTINUED			Code for cols. 1-6
	Breads--continued:			
	Whole wheat, graham, entire wheat bread:			
355	Loaf, 1-pound, 20 slices	1 loaf	454	355512
356	Slice	1 slice	23	356512
357	Toast	1 slice	19	357512
358	Breadcrumbs, dry, grated	1 cup	88	358522
	Cakes: <u>1/</u>			
	Angel food cake:			
359	Sector, 2-inch (1/12 of 8-inch-diameter cake)	1 sector	40	359523
	Chocolate cake, fudge icing:			
360	Sector, 2-inch (1/16 of 10-inch-diameter layer cake)	1 sector	120	360523
	Fruit cake, dark:			
361	Piece, 2 by 2 by 1/2 inch ...	1 piece	30	361523
	Gingerbread:			
362	Piece, 2 by 2 by 2 inches ...	1 piece	55	362523
	Plain cake and cupcakes, without icing:			
363	Piece, 3 by 2 by 1-1/2 inches	1 piece	55	363523
364	Cupcake, 2-3/4-inch-diameter	1 cupcake	40	364523
	Plain cake and cupcakes, with icing:			
365	Sector, 2-inch (1/16 of 10-inch-layer cake)	1 sector	100	365523
366	Cupcake, 2-3/4-inch-diameter	1 cupcake	50	366523
	Pound cake:			
367	Slice, 2-3/4 by 3 by 5/8 inch	1 slice	30	367523
	Sponge cake:			
368	Sector, 2-inch (1/12 of 8-inch-diameter cake)	1 slice	40	368523
	Cookies:			
369	Plain and assorted, 3-inch-diameter	1 cookie	25	369523
370	Fig bars, small	1 fig bar	16	370523

1/ If the fat used in the recipe were butter or fortified margarine, the vitamin A value for chocolate cake with fudge icing would be 520 I. U. per 2-inch sector, item 360; 120 I. U. for fruit cake, item 361; for plain cake without icing, 200 I. U. per piece, item 363, 150 I. U. per cupcake, item 364; for plain cake with icing, 280 I. U. per 2-inch sector, item 365, 140 I. U. per cupcake, item 366; and 300 I. U. for pound cake, item 367.

NOTE: If these values are substituted in the punch cards, punch without the units position "0."

Part 2. List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Table 1--continued

Item line number	Food	Unit of measure	Weight in grams	Six-digit identifi- cation number
Code for cols. 1-3	GRAIN PRODUCTS--CONTINUED			Code for cols. 1-6
	Breads--continued:			
371	Corn cereal mixture (mainly degermed cornmeal), puffed, with added thiamine, niacin, and iron	1 ounce	28	371511
	Corn flakes, with added thiamine, niacin, and iron:			
372	Plain	1 ounce	28	372511
373	Presweetened	1 ounce	28	373511
	Corn grits, white, degermed, cooked:			
374	Enriched	1 cup	242	374511
375	Unenriched	1 cup	242	375521
	Cornmeal, white or yellow, dry:			
376	Whole ground <u>1</u> /	1 cup	118	376511
377	Degermed, enriched <u>2</u> /	1 cup	145	377511
	Corn muffins, made with enriched, degermed cornmeal:			
378	Muffin, 2-3/4-inch-diameter <u>3</u> /	1 muffin	48	378513
379	Corn, puffed, presweetened, with added thiamine, riboflavin, niacin, and iron	1 ounce	28	379511
380	Corn and soy shreds, with added thiamine and niacin	1 ounce	28	380511
	Crackers:			
381	Graham	4 small or 2 medium	14	381513
382	Saltines, 2 inches square	2 crackers	8	382523
	Soda, plain:			
383	Cracker, 2-1/2 inches square	2 crackers	11	383523
384	Oyster crackers	10 crackers	10	384523
385	Cracker meal	1 tbsp.	10	385523

1/ Vitamin A value based on yellow cornmeal; white cornmeal contains only a trace.

2/ Iron, thiamine, riboflavin, and niacin are based on the minimum level of enrichment specified in standards of identity promulgated under the Federal Food, Drug, and Cosmetic Act.

3/ Based on recipe using white cornmeal; if yellow cornmeal is used the vitamin A value is 24(0) I. U.

Part 2. List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Table 1--continued

Item line number	Food	Unit of measure	Weight in grams	Six-digit identifi- cation number
Code for cols. 1-3				Code for cols. 1-6
	GRAIN PRODUCTS--CONTINUED			
386	Doughnuts, cake type	1 dough- nut	32	386523
387	Farina, cooked; enriched to minimum levels for required nutrients and the optional nutrient, calcium	1 cup	238	387511
	Macaroni, cooked: Enriched:			
388	Cooked 8-10 minutes (under- goes additional cooking in a food mixture)	1 cup	130	388511
389	Cooked until tender	1 cup	140	389511
	Unenriched:			
390	Cooked 8-10 minutes (under- goes additional cooking in a food mixture)	1 cup	130	390521
391	Cooked until tender	1 cup	140	391521
392	Macaroni, enriched, and cheese, baked	1 cup	220	392580
	Muffins, with enriched white flour:			
393	Muffin, 2-3/4-inch-diameter ...	1 muffin	48	393513
	Noodles (egg noodles), cooked:			
394	Enriched	1 cup	160	394511
395	Unenriched	1 cup	160	395521
396	Oat cereal mixture, mainly oats, with added B-vitamins and minerals	1 ounce	28	396511
397	Oatmeal or rolled oats, regular or quick-cooking, cooked .	1 cup	236	397511
	Pancakes (griddlecakes), 4- inch-diameter:			
398	Wheat, enriched flour (home recipe)	1 cake	27	398513
399	Buckwheat (buckwheat pancake mix)	1 cake	27	399513

Part 2. List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Table 1--continued

Item line number	Food	Unit of measure	Weight in grams	Six-digit identifi- cation number
Code for cols. 1-3				Code for cols. 1-6
	GRAIN PRODUCTS--CONTINUED			
	Piecrust, plain, baked:			
	Enriched flour:			
400	Lower crust, 9-inch shell	1 crust	135	400513
401	Double crust, 9-inch pie	1 double crust	270	401513
	Unenriched flour:			
402	Lower crust, 9-inch shell	1 crust	135	402523
403	Double crust, 9-inch pie	1 double crust	270	403523
	Pies:			
	Sector, 4-inch, 1/7 of 9-inch- diameter pie:			
404	Apple	1 sector	135	404580
405	Cherry	1 sector	135	405580
406	Custard	1 sector	130	406580
407	Lemon meringue	1 sector	120	407580
408	Mince	1 sector	135	408580
409	Pumpkin	1 sector	130	409580
410	Pizza (cheese), 5-1/2-inch- sector, 1/8 of 14-inch- diameter pie	1 sector	75	410580
411	Popcorn, popped	1 cup	14	411521
412	Pretzels, small stick	5 sticks	5	412523
	Rice, cooked:			
413	Parboiled or converted	1 cup	176	413511
414	White	1 cup	168	414521
415	Rice, puffed, with added thia- mine, niacin, and iron ...	1 cup	14	415511
416	Rice flakes, with added thia- mine and niacin	1 cup	30	416511
	Rolls:			
	Plain, pan; 12 per 16 ounces:			
417	Enriched	1 roll	38	417512
418	Unenriched	1 roll	38	418522
419	Hard, round; 12 per 22 ounces .	1 roll	52	419522
420	Sweet, pan; 12 per 18 ounces ..	1 roll	43	420523
421	Rye wafers, 1-7/8 by 3-1/2 inches	2 wafers	13	421513

Part 2. List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Table 1--continued

Item line number	Food	Unit of measure	Weight in grams	Six-digit identifi- cation number
Code for cols. 1-3	GRAIN PRODUCTS--CONTINUED			Code for cols. 1-6
	Spaghetti, cooked until tender:			
422	Enriched	1 cup	140	422511
423	Unenriched	1 cup	140	423521
424	Spaghetti, with meat sauce	1 cup	250	424580
425	Spaghetti in tomato sauce with cheese	1 cup	250	425580
426	Waffles, with enriched flour, 1/2 by 4-1/2 by 5-1/2 inches	1 waffle	75	426513
	Wheat, puffed:			
427	With added thiamine, niacin, and iron	1 oz.	28	427511
428	With added thiamine and niacin, presweetened	1 oz.	28	428511
429	Wheat, rolled; cooked	1 cup	236	429511
430	Wheat, shredded, plain (long, round, or bite-size)	1 oz.	28	430511
431	Wheat and malted barley cereal, with added thiamine, niacin, and iron	1 oz.	28	431511
432	Wheat flakes, with added thiamine, niacin, and iron	1 oz.	28	432511
	Wheat flours:			
433	Whole wheat, from hard wheats, stirred	1 cup	120	433511
	All purpose or family flour:			
434	Enriched, sifted <u>1/</u>	1 cup	110	434511
435	Unenriched, sifted	1 cup	110	435521
	Self-rising:			
436	Enriched <u>1/</u>	1 cup	110	436511
437	Unenriched	1 cup	110	437521
438	Wheat germ, stirred	1 cup	68	438511

1/ Iron, thiamine, riboflavin, and niacin are based on the minimum level of enrichment specified in standards of identity promulgated under the Federal Food, Drug, and Cosmetic Act.

Part 2. List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Table 1--continued

Item line number	Food	Unit of measure	Weight in grams	Six-digit identifi- cation number
Code for cols. 1-3				Code for cols. 1-6
FATS, OILS; RELATED PRODUCTS				
	Butter, 4 sticks per pound: <u>1</u> /			
439	Sticks, 2	1 cup	224	439611
440	Stick, 1/8	1 tbsp.	14	440611
441	Pat or square (64 per pound) ..	1 pat	7	441611
Fats, cooking:				
442	Lard	1 cup	220	442621
443		1 tbsp.	14	443621
444	Vegetable fats	1 cup	200	444622
445		1 tbsp.	12.5	445622
	Margarine, 4 sticks per pound: <u>2</u> /			
446	Sticks, 2	1 cup	224	446612
447	Stick, 1/8	1 tbsp.	14	447612
448	Pat or square (64 per pound) ..	1 pat	7	448612
Oils, salad or cooking:				
449	Corn	1 tbsp.	14	449623
450	Cottonseed	1 tbsp.	14	450623
451	Olive	1 tbsp.	14	451623
452	Soybean	1 tbsp.	14	452623
Salad dressings:				
453	Blue cheese	1 tbsp.	16	453624
454	Commercial, plain; mayonnaise type	1 tbsp.	15	454624
455	French	1 tbsp.	15	455624
456	Home cooked, boiled	1 tbsp.	17	456624
457	Mayonnaise	1 tbsp.	15	457624
458	Thousand Island	1 tbsp.	15	458624
SUGAR, SWEETS				
Candy:				
459	Caramels	1 oz.	28	459714
460	Chocolate, sweetened, milk	1 oz.	28	460714
461	Fudge, plain	1 oz.	28	461714
462	Hard candy	1 oz.	28	462714
463	Marshmallows	1 oz.	28	463714

1/ Vitamin A content based on year-round average.

2/ Based on the average vitamin A content of fortified margarine.

Federal specifications for fortified margarine require a minimum of 15,00(0) I. U. per pound.

Part 2. List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Table 1--continued

Item line number	Food	Unit of measure	Weight in grams	Six-digit identifi- cation number
Code for cols. 1-3				Code for cols. 1-6
SUGAR, SWEETS--CONTINUED				
464	Chocolate sirup	1 tbsp.	20	464722
465	Honey, strained or extracted ...	1 tbsp.	21	465712
466	Jams, marmalades, preserves	1 tbsp.	20	466713
467	Jellies	1 tbsp.	20	467713
Molasses, cane:				
468	Light (first extraction)	1 tbsp.	20	468712
469	Blackstrap (third extraction)	1 tbsp.	20	469712
470	Sirup, table blends	1 tbsp.	20	470712
Sugar:				
471	Granulated, cane or beet	1 cup	200	471711
472		1 tbsp.	12	472711
473	Lump, 1-1/8 by 5/8 by 1/8 inch	1 lump	7	473711
474	Powdered, stirred before measuring	1 cup	128	474711
475		1 tbsp.	8	475711
476	Brown, firm packed <u>1</u> /	1 cup	220	476711
477		1 tbsp.	14	477711
MISCELLANEOUS ITEMS				
478	Beer (average 4 percent alcohol) <u>2</u> /	1 cup	240	478820
Beverages, carbonated:				
479	Ginger ale	1 cup	230	479721
480	Kola type	1 cup	230	480721
481	Bouillon cube, 5/8 inch	1 cube	4	481820
Chili powder. See Peppers.				
482	Chili sauce (mainly tomatoes) ..	1 tbsp.	17	482350
Chocolate:				
483	Bitter or unsweetened	1 oz.	28	483820
484	Sweetened	1 oz.	28	484714
Cider. See Apple juice.				

1/ Calcium value is based on dark brown sugar; value would be lower for light brown sugar.

2/ No food energy value has been punched for item 478. The value excluding energy derived from alcohol is 48 calories. If the energy from alcohol is considered available, the value is 114 calories.

Part 2. List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Table 1--continued

Item line number	Food	Unit of measure	Weight in grams	Six-digit identifi- cation number
Code for cols. 1-3				Code for cols. 1-6
	MISCELLANEOUS ITEMS--CONTINUED			
	Gelatin, dry:			
485	Plain	1 tbsp.	10	485281
486	Dessert powder, 3-ounce package	1/2 cup	85	486722
	Gelatin dessert, ready-to-eat:			
487	Plain	1 cup	239	487722
488	With fruit	1 cup	241	488432
	Olives, pickled:			
489	Green	12 Extra Large or 7 Jumbo	66	489360
	Ripe:			
490	Mission; other varieties, as Ascolano, Manzanillo, and Sevillano	12 Extra Large or 7 Jumbo	66	490360
	Pickles, cucumber:			
491	Dill, large, 4 by 1-3/4 inches	1 pickle	135	491360
492	Sweet, 2-3/4 by 3/4 inches	1 pickle	20	492360
	Popcorn. See Grain products.			
493	Sherbet, factory packed	1 cup	193	493122
	Soups, canned; ready-to-serve:			
494	Bean	1 cup	250	494282
495	Beef	1 cup	250	495281
496	Bouillon, broth, consomme	1 cup	240	496281
497	Chicken	1 cup	250	497281
498	Clam chowder	1 cup	255	498380
499	Cream soup (asparagus, celery, mushroom)	1 cup	255	499380
500	Noodle, rice, barley	1 cup	250	500580
501	Pea	1 cup	245	501282
502	Tomato	1 cup	245	502350
503	Vegetable	1 cup	250	503380
504	Starch, pure, including arrow- root, corn, etc.	1 cup	128	504521
505		1 tbsp.	8	505521

Part 2. List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Table 1--continued

Item line number	Food	Unit of measure	Weight in grams	Six-digit identifi- cation number
Code for cols. 1-3	MISCELLANEOUS ITEMS--CONTINUED			Code for cols. 1-6
506	Tapioca, quick-cooking granulated, dry; stirred before measuring	1 cup	152	506521
507		1 tbsp.	10	507521
508	Vinegar	1 tbsp.	15	508820
509	White sauce, medium	1 cup	265	509123
	Yeast:			
	Baker's:			
510	Compressed	1 oz.	28	510820
511	Dry active	1 oz.	28	511820
512	Brewer's, dry	1 tbsp.	8	512820
	Yoghurt. See Milk, cream, cheese; related products.			



